mhGAP Intervention Guide

for mental, neurological and substance use disorders
in non-specialized health settings

mental health Gap Action Programme

Which priority condition(s) should be assessed?

1. *These common presentations indicate the need for assessment.*
2. *If people present with features from more than one condition, then all relevant conditions need to be assessed.*
3. *All conditions apply to all ages, unless otherwise specified.*

COMMON PRESENTATION	CONDITION TO BE ASSESSED	GO TO MODULE
Low energy; fatigue; sleep or appetite problems Persistent sad or anxious mood; irritability Low interest or pleasure in activities that used to be interesting or enjoyable Multiple symptoms with no clear physical cause (e.g. aches and pains, palpitations, numbness) Difficulties in carrying out usual work, school, domestic or social activities	Depression * ⁂	DEP
Abnormal or disorganized behaviour (e.g. incoherent or irrelevant speech, unusual appearance, self-neglect, unkempt appearance) Delusions (a false firmly held belief or suspicion) Hallucinations (hearing voices or seeing things that are not there) Neglecting usual responsibilities related to work, school, domestic or social activities Manic symptoms (several days of being abnormally happy, too energetic, too talkative, very irritable, not sleeping, reckless behaviour)	Psychosis *	PSY
Convulsive movement or fits / seizures During the convulsion: – loss of consciousness or impaired consciousness – stiffness, rigidity – tongue bite, injury, incontinence of urine or faeces After the convulsion: fatigue, drowsiness, sleepiness, confusion, abnormal behaviour, headache, muscle aches, or weakness on one side of the body	Epilepsy / Seizures	EPI
Delayed development: much slower learning than other children of same age in activities such as: smiling, sitting, standing, walking, talking / communicating and other areas of development, such as reading and writing Abnormalities in communication; restricted, repetitive behaviour Difficulties in carrying out everyday activities normal for that age	Developmental Disorders Children and adolescents	DEV
Excessive inattention and absent-mindedness, repeatedly stopping tasks before completion and switching to other activities Excessive over-activity: excessive running around, extreme difficulties remaining seated, excessive talking or fidgeting Excessive impulsivity: frequently doing things without forethought Repeated and continued behaviour that disturbs others (e.g. unusually frequent and severe temper tantrums, cruel behaviour, persistent and severe disobedience, stealing) Sudden changes in behaviour or peer relations, including withdrawal and anger	Behavioural Disorders Children and adolescents	BEH
Decline or problems with memory (severe forgetfulness) and orientation (awareness of time, place and person) Mood or behavioural problems such as apathy (appearing uninterested) or irritability Loss of emotional control – easily upset, irritable or tearful Difficulties in carrying out usual work, domestic or social activities	Dementia Older people	DEM
Appearing to be under the influence of alcohol (e.g. smell of alcohol, looks intoxicated, hangover) Presenting with an injury Somatic symptoms associated with alcohol use (e.g. insomnia, fatigue, anorexia, nausea, vomiting, indigestion, diarrhoea, headaches) Difficulties in carrying out usual work, school, domestic or social activities	Alcohol Use Disorders	ALC
Appearing drug-affected (e.g. low energy, agitated, fidgeting, slurred speech) Signs of drug use (injection marks, skin infection, unkempt appearance) Requesting prescriptions for sedative medication (sleeping tablets, opioids) Financial difficulties or crime-related legal problems Difficulties in carrying out usual work, domestic or social activities	Drug Use Disorders	DRU
Current thoughts, plan or act of self-harm or suicide History of thoughts, plan or act of self-harm or suicide	Self-harm / Suicide	SUI

World Health Organization

* *The **Bipolar Disorder (BPD)** module is accessed through either the **Psychosis** module or the **Depression** module.*
⁂ *The **Other Significant Emotional or Medically Unexplained Complaints (OTH)** module is accessed through the **Depression** module.*